



## groupFIT schedule: Spring 2011

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15 –6:15a		FIT Fusion		FIT Fusion			
6:15 –7:00a	FIT Power HIT	Plyo Power			Spinnervals		
7:00-8:00a	Zumba	Spinnervals	FIT Kick Step	FIT Flow	FIT Kick Step		
8:00-8:50a						Non-Impact (free class)	
9:00-10:00a						BODYPUMP	
10:15-11:15a						Zumba <u>b.fab.fitness</u>	
11:15-1:15p						KRAV MAGA (all levels)	
11:45-12:30p	Spinnervals	FIT Power HIT	Spinnervals	FIT Power HIT	Spinnervals		
12:30-1:15p			BODYPUMP		BODYPUMP		
1:00-2:00p							Zumba <u>b.fab.fitness</u>
5:00-6:00p	Spin – The Ride (5:10p)	BODYPUMP	Spin – The Ride (5:10p)	BODYPUMP	Spin – The Ride (5:10p)		
6:00-7:00p	KRAV MAGA (level 1)	KRAV MAGA (lvl 1)	Spin - The Ride	KRAV MAGA (level 1)	KRAV MAGA (lvl 2)	Spin - The Ride	
7:00-8:00p	KRAV MAGA Heavy Bag	KRAV MAGA (level 2)	KRAV MAGA Heavy Bag	KRAV MAGA (level 1)			

**BODYPUMP:** This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**FIT Fusion:** This unique cardio class starts with indoor cycling and then moves to the floor with a variety of strength, resistance and yoga exercises.

**FIT Kick Step:** Cardio kick boxing meets sculpting meets step. Great, high-energy music keeps you moving for 50 solid minutes. We hit every major muscle group and then some, using resistance bands, light dumbbells, steps and kick boxing movements.

**FIT Power HIT:** This boot camp style class incorporates everything from kettlebells to battling ropes, agility drills to kick boxing, and bodyweight to resistance training. If you're not completely exhausted by the end, we'll go thru it again...I promise!

**Spin – The Ride:** Hit the hills, power the sprints, chase down the competition, and learn firsthand the word "endurance". Cycling is great for everyone at all levels, from beginners to the advanced athlete.

**Spinnervals:** Looking to fit your cardio and strength training into one 45-minute class? Then this is for you. Nowhere else in Nashville will you experience this unique, one-of-a-kind fitness class. We combine indoor cycling with intervals of upper and lower body strength and toning exercises, and finish up with 10 minutes of core and stretching. Awesome class!

**FIT Flow:** Kelly Farina takes you on an amazing journey in this Vinyasa Flow movement class. If you have only one hour a week stretch and relax, then take the time to experience the Vinyasa method of stretching and movement. We turn up the heat on this one.

**ZUMBA:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

**Krav Maga™** (premium program, additional fee): Krav Maga is one of the fastest growing martial arts systems in the world today. You will increase your endurance, stamina, strength and flexibility.